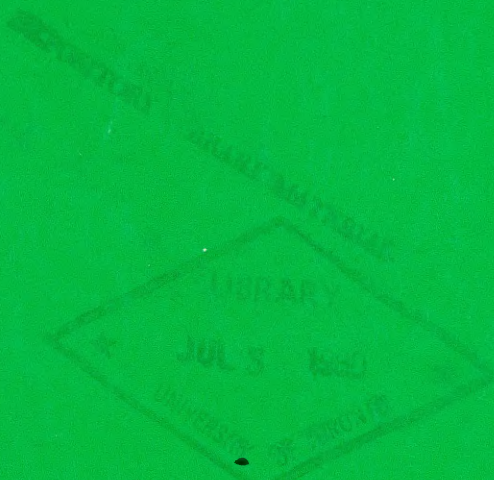


Fitness for The Older Canadian

Government
Publications

CA1
HW82
- T13

Take It Easy...



Government of Canada
Fitness and Amateur Sport

Gouvernement du Canada
Condition physique et Sport amateur





...Don't Take It Easy

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Prologue

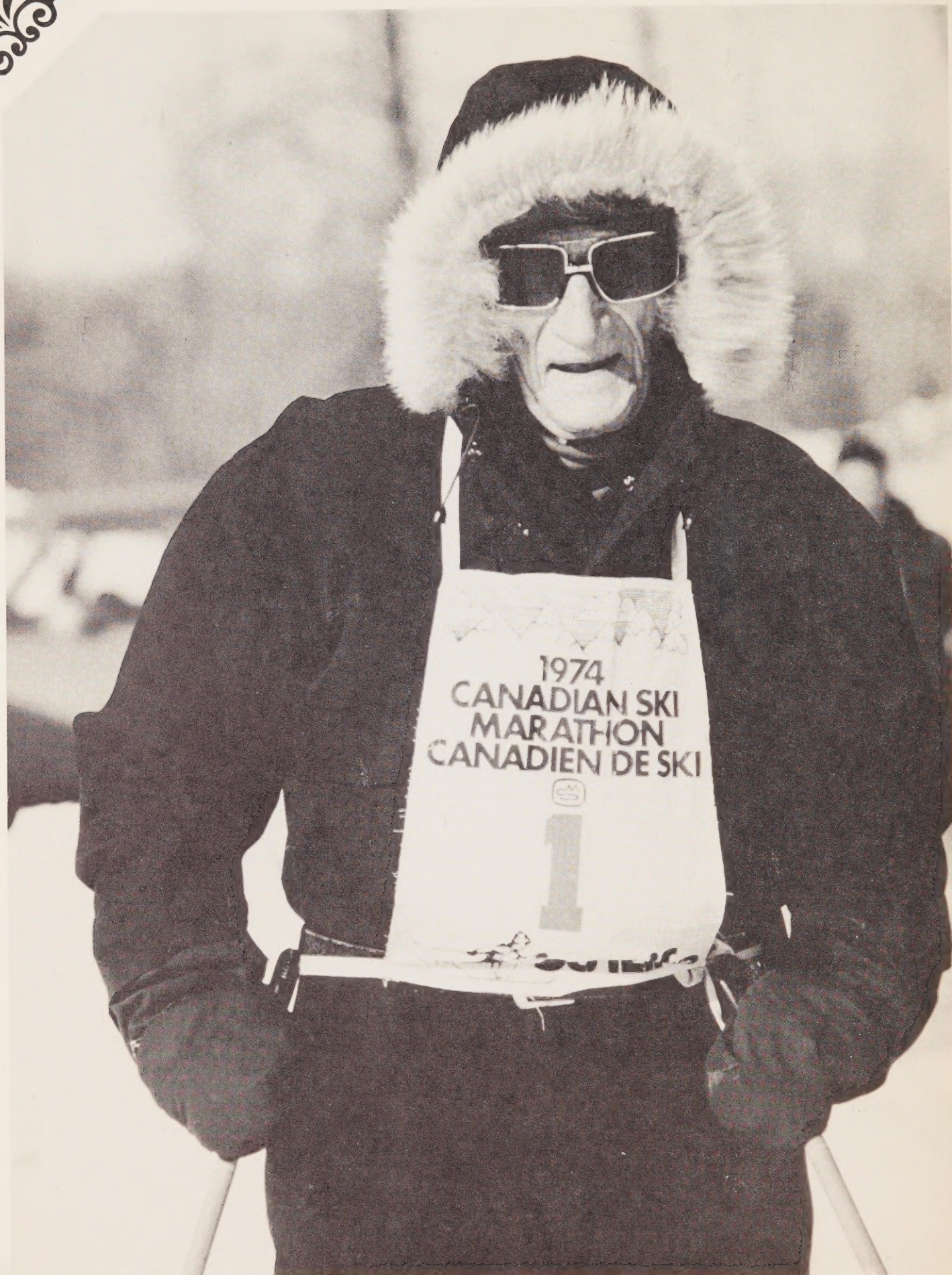
Dr. Paul Dudley White, one of the world's most famous cardiologists, accepted an invitation to talk to a group of prominent citizens in New York City, on physical fitness and health.

On his arrival he became aware that the theme of the meeting was "**Take It Easy**".

Dr. White's first action after being introduced was to change the theme to "**Don't Take It Easy**". He believed most emphatically that staying active can help one enjoy a more healthy, vigorous and satisfying life, and slow down or even reverse the physical decline normally associated with aging.

This booklet supports this belief and is designed to give older Canadians some practical information about physical activity and its relationship to health, aging and well-being.

DEPOSITORY LIBRARY MATERIAL



"Moses was an hundred and twenty years old when he died; his eye was not dim, nor his natural force abated."

Deuteronomy, 34:7

Use It or Lose It

A key factor in living fully during the mature years is our attitude toward life. There is a great temptation to "take it easy" and surrender to the feeling that it's too late to begin an exercise program.

Age is no barrier to fitness. Studies show that inactive men and women in their 80's and 90's can still improve their fitness and well-being with a regular progressive activity program.

The human body was not designed for the spectator role. With prolonged inactivity, such as confinement to bed, muscles become weak and limp, joints stiffen, bones become more brittle, digestion is impaired, endurance, strength and physical skills decline. This physical decline results from disuse and occurs at any age when the body is deprived of physical activity. After weeks in outer space with no opportunity for exercise, the Apollo astronauts were unable to stand when first released from

their space capsule. This was an astounding demonstration of "Atrophy Through Disuse" — the physical deterioration that quickly occurs in the absence of exercise.

The physical decline often associated with aging parallels the effects of "Atrophy Through Disuse". The body however is a remarkable machine. Though it breaks down when not used, it has great recuperative powers.

An active lifestyle cannot guarantee you a longer life or freedom from disease. It does ensure a more vigorous enjoyable lifestyle, and in the event of illness or surgery, a better chance of survival and the best possible recovery.

Herman "Jackrabbit" Smith-Johannsen, the Canadian father of cross-country skiing is a remarkable centenarian who enjoys outstanding health, fitness and an obvious joy of life.



"Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

Edward Stanley, Earl of Derby

Your Time - What Are You Doing With It?

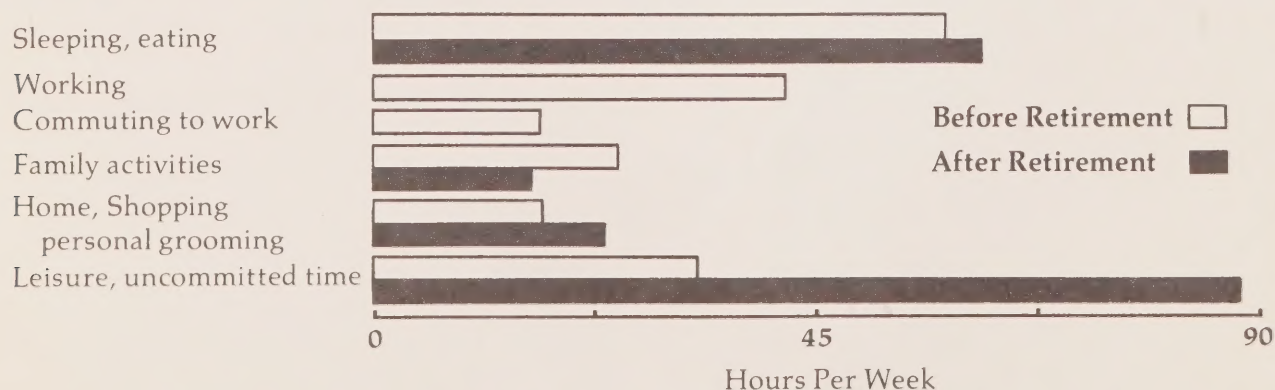
Canada's population is growing older year by year. Persons 65 and over, now form a bigger proportion of the total population than ever before. Earlier retirement and increased life expectancy have lengthened the post-retirement years, thus providing more time for creative living.

If you are 55 to 65 years of age, and retired or about to retire, you probably have one quarter of your life ahead of you and almost 12 hours of uncommitted time each day. You have an important choice to make regarding the use of that time. It is yours to invest.

Retirement does not mean the end of productive work. Aging alone has little effect on intellectual functioning and learning ability. Many older Canadians pursue mental and emotional growth throughout the mature years with a continuing involvement in intellectual, social and political activities.

Participation in physical recreation or fitness activities is a positive addition to your lifestyle and a productive use of your time. The post-retirement years are an ideal time to enjoy such time-consuming recreation as golf, lawn bowling or curling. In addition, facilities for these activities and others are more readily available during weekdays.

How Time is Spent





"The art of living consists of dying young but as late as possible."

Motto of the American Health Foundation



Move More... Live More

Ten Good Reasons to join The Active Seniors

- 1 Muscles strengthen and become more flexible; breathing and blood circulation become more efficient.
- 2 Digestion is improved and the incidence of constipation is reduced.
- 3 Bones remain dense and strong; joints stay supple and loose.
- 4 Appearance is improved: posture is corrected, excess fat is decreased and body weight is controlled or reduced.
- 5 Energy is renewed; fatigue and tension are reduced.
- 6 Psychological well-being is experienced, leading to improved self-esteem and confidence.
- 7 Opportunities for social contact and friendship are increased.
- 8 Body mechanics, balance, reaction time and co-ordination are enhanced, resulting in less chance of falls or accidents.
- 9 Continuing mobility and independance are ensured.
- 10 There is great fun and enjoyment in an active lifestyle.



*"Since learning to crosscountry ski, I don't have to go south any more. I enjoy it here **too** much."*

D. Viner, age 72

Fitness as a Personal Goal

Fitness is a personal challenge anyone can achieve. It is a goal that reflects **your** condition, **your** capacity for physical exertion and **your** needs. Start with what you can do, no matter how little that is. Each day do just a little more. This gradual progression is fundamental to improving your fitness level.

Most adult Canadians suffer minor physical problems such as sore knees or poor eyesight. Some of these physical complaints are permanent losses with which the individual must learn to live. What matters is not what is lost but what is retained. Appropriate exercise and the advice of your physician can alleviate minor problems and help an individual overcome the side-effects of many disabilities.

Physical fitness is equally important for women and men. Judith Kazdan is a 59 year old housewife from Toronto and a marathon runner. She began jogging with her husband when she was 46.

"I was chubby and a little dumpy then", she said. "I was married at 28 and over the next 18 years had four children and no exercise. Not many women were motivated to get out of the house then."

For the first year, she slowly walked and jogged one mile. With each succeeding birthday, Judith graduated to longer distances and increasingly personal fulfillment. Her exceptional accomplishment dispels the myth that women cannot perform vigorous activities; her trim and graceful figure is living proof that fitness does not mean a tough and muscle-bound physique.

You don't have to jog 26 miles to be physically fit. You don't have to endure a strenuous schedule of regimented exercises. There is no need to compete with anyone.

A sound fitness program is one that is gradual, satisfying and appropriate for **you**. It may even keep you home in Canada during the winter!

At age 71, Imelda Fortier enjoys a regular fitness class and her newly found energy and pep.



"I was so much older then; I'm younger than that now."

Bob Dylan

The Fountain of Youth

Ponce de Leon, the early explorer of Mexico and Florida, spent a major portion of his life looking for the Fountain of Youth. There are those who are still looking. Some people think they have found it in miracle compounds, special diets or magic exercise machines.

You do not need gadgets that heat up, belts that vibrate or any other gimmicks advertised in magazines or newspapers. They are unnecessary, expensive and sometimes dangerous. To feel good and look good you have to move and improve your own machinery; there is no substitute.

Reputable exercise clubs are useful but only if you use them enough to justify the costs. Visit a club which you can conveniently attend regularly. Before signing for a membership check to see that instructors are qualified, and that fitness programs are appropriate for your needs. Distrust any that offer instant weight loss or effortless fitness.

Getting into shape takes time and effort, not money. It may take 6 weeks, 3 months, or a year to regain a good level of fitness. Once there, stay there with regular activity that you enjoy.

The Fountain of Youth Is Not Found In Pills or Mysticism. It is found right under our noses — in a healthy lifestyle which protects the body from deterioration with the passing of time.

Roland Michener, former Governor General of Canada, age 78, enjoys a noon-hour jog with Toronto school children.





Lifestyle

Health and fitness are by-products of the way we live. Ask yourself the following questions:

YES (✓)

Driving

- ☐ Do you and your passengers use seat belts?
- ☐ Do you stop and walk around every hour on long drives?

Eating

- ☐ Have you maintained your weight at what it should be?
- ☐ Do you eat a wide variety of food each day including something from each of the four food groups; milk; fruits and vegetables; bread; meat and meat alternates?

Exercise

- ☐ Are you active every day?
- ☐ Do you engage in moderate exercise of an endurance type (e.g. swimming or walking) at least 3 times a week?
- ☐ Do you participate in physical recreation (e.g. golf, gardening or dancing) in your leisure time?

Drinking and Drugs

- ☐ Do you use alcohol in moderation? (i.e. less than 15 drinks a week)?
- ☐ Do you use drugs such as tranquilizers or sleeping pills only under a physician's direction?

Smoking, Stress and Safety

- ☐ Are you a non-smoker?
- ☐ Do you experience adequate rest and relaxation?
- ☐ Do you have regular medical and dental check-ups?
- ☐ Do you practice good personal safety habits?
- ☐ Are you able to cope with normal "everyday" problems and worries?

If you answered (✓) Yes to all these questions, Congratulations — you have a commendable lifestyle based on sensible habits and a lively awareness of personal health.

Lifestyle is the unique pattern of your daily life. Positive changes can be accomplished with a new attitude and the decision to act. For further information on diet, alcohol, smoking, and stress see "**Want to Read More?**" on page 42 of this booklet.



"The choice of foods becomes more critical with age since less food must satisfy daily nutrient requirements."

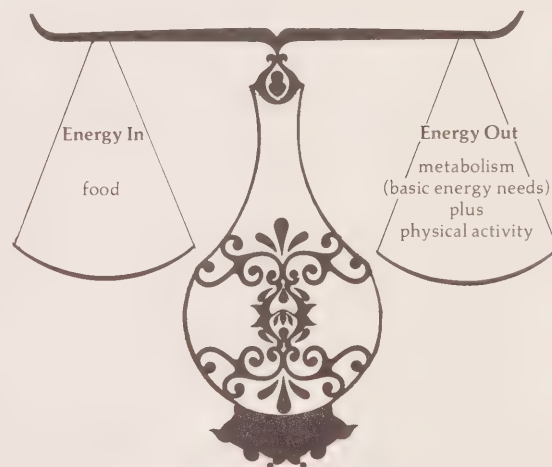
in a paper by T.K. Murray and H. Nielsen*

A Matter of Balance

A balanced diet is crucial for optimal health and fitness at all ages. Older Canadians need nutrients in the same proportions as younger people do; only energy needs change. As your metabolism (basic body energy needs) slows with age, fewer calories are needed. But you must still eat an assortment of foods to give your body the variety of nutrients it requires. Plan nutritious and appealing meals and snacks using Canada's Food Guide (p. 40). In addition, it is wise to drink plenty of fluids, limit foods that are high in sugar, saturated fat and cholesterol, and use salt in moderation. For more information on nutrition, refer to **"Want to Read More?"** or consult with a counselling dietician.

Staying active is important for digestion and elimination and allows an individual to eat more, increasing the likelihood that the body will receive all needed nutrients. For those who like to eat, physical activity has added


advantages! Combined with sensible eating, regular exercise enables an individual to control body weight.



Our body weight is the result of an energy balance. When this balance is upset, weight is lost or gained.

*T.K. Murray, former chief Bureau of Nutrition Sciences and H. Nielsen, chief Nutrition Education, Health and Welfare Canada





Examples of Energy Balance

Energy In

To consume approximately 100 calories

Food	Portion
skim milk	1 glass (250 ml)
apple	1 medium
lean meat	1 slice
bread	1½ slices
oatmeal cookie	1
dry wine	1 glass (110 ml)

Energy Out

To burn up approximately 100 calories *

Activity	Time
clean windows	30 minutes
dance	30 minutes
garden	20 minutes
bicycle (7km/hr)	20 minutes
bowl (non-stop)	20 minutes
walk (fast pace)	18 minutes

*For a 68kg (150lb.) person

If you want to reduce excess poundage, do it the way you gained it — gradually. Crash diets are unhealthy, imbalanced and usually give short-term results.

Cut down on high-calorie desserts and fried foods and decrease portion sizes. Concentrate on retraining your eating patterns.

Move as often as possible and burn energy (calories) with exercise. By walking away 100 extra calories per day (approximately 1.6 kilometers or 1 mile) you can lose 4.5 kilograms (10 lbs.) in a year!



"Grow old along with me! The best is yet to be, The last of life, for which the first was made."

Robert Browning

Getting Started- Some Questions and Answers

Should I see my doctor before beginning an exercise program?

If you are unaccustomed to exercise or intend to engage in strenuous fitness pursuits, it is advisable to check with your physician first. Consult the Physical Activity Readiness Questionnaire (p. 39) for further guidance.

Do I need a fitness test?

After medical evaluation, your physician may or may not advise you to take a physical fitness test. Such assessments measure your capacity to perform and determine your initial fitness level.

More complex tests enable a trained professional to monitor your reaction to exercise. Such a specialist can then advise you of any individual restrictions or modify a fitness program to suit your needs.

The **Fit Kit** (p. 40) offers a reliable technique for self-testing when there is no medical reason for a supervised fitness test. It can be used at home to assess your initial fitness level and to help you measure your progress.

What equipment and clothing do I need?

Wear loose, light, comfortable clothing suitable for the weather and your activity. Comfortable, well-fitting footwear is essential. Purchase a good pair of shoes with a well-cushioned sole.

For home exercise, no special equipment is necessary. Background music with a good underlying rhythm improves performance and makes exercising more fun. A stationary bicycle (sturdy, with adjustable tension) is also useful and can usually be acquired second-hand.

Attend a learners clinic or seek advice from a reputable sporting goods store before purchasing specific sports equipment. Good equipment is often available at minimal cost during the offseason.

Moving to music is an enjoyable and relaxing way to develop fitness. Square, folk, disco and social dancing classes offer physical closeness, friendship and fun.



Do I need to join a fitness class?

You can achieve and maintain a good level of fitness by performing an individual program from your own home or apartment. An example of such a program, consisting of calisthenics and walking, is given in **Take It Easy — But Take It!** the companion booklet to publication. Exercising with a spouse or friend adds to the fun and likelihood you will keep it up. Joining an organized fitness or recreation group has added advantages. Most are informal and fun, featuring music and laughter, social interaction and group motivation. A good instructor will use a gradual approach and insure that each member participates at his or her own appropriate level.

Many senior citizens centres, YMCA's, YWCA's, YMHA's, the Red Cross Society, and community recreation centres conduct fitness classes for senior adults.

When is the best time to exercise?

Any time that suits you is good for activity although most people prefer to avoid vigorous exercise immediately after a meal. It is wise to postpone your fitness program if you have a temporary minor illness such as a cold. Use the outdoors as much as you can but avoid exercising on hot humid days or extremely cold ones. For safety, exercise indoors when sidewalks and roads are icy.

What does a complete fitness program consist of?

Different activities do different things for your body. An optimal level of physical fitness is best achieved by enjoying a variety of physical activities that are a part of one's normal lifestyle. Regular exercise is the key. It is better to do a little every day than engage in occasional weekend bouts of strenuous activity.

A specific fitness activity such as walking, exercising to music, or playing tennis should always include the following three phases:

1 Warm-Up

gentle exercise and stretching to increase flexibility, prevent muscle soreness or injury, and prepare the body for more strenuous activity.

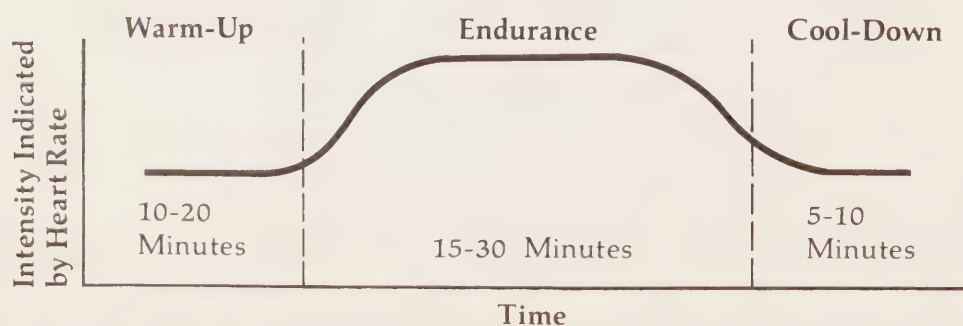
2 Endurance

more strenuous exercise to tone muscles, and vigorous activity such as brisk walking or cycling to develop the heart-lung system.

3 Cool Down

gentle exercise to allow a gradual transition from vigorous exercise to the resting state, to prevent muscle soreness and to promote relaxation.

A Typical Exercise Session

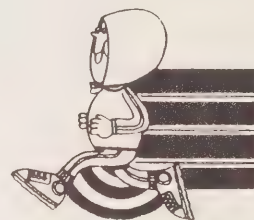


"The prescription for physical activity or exercise is as important as prescription for medication."

Lawrence J. Frankel

Prescription for Physical Activity

R



- 1 **Move:** walk, climb, ride a bike. **Dosage:** every day as often as possible.
- 2 **Stretch & Deep Breathe:** take an exercise break and relax. **Dosage:** Daily as needed when tense.
- 3 **Push, Bend, Twist, Swing:** use your body as it was designed to be used. **Dosage:** At least 3 times each week.
- 4 **Walk, Swim, Cycle, Ski:** 15 to 20 minutes of continuous aerobic activity, vigorous enough to increase your heart rate, and make you breathe deeply. **Dosage:** At least 3 times each week.
- 5 **Enjoy Life:** spend time at sports, hobbies or outdoor activities. **Dosage:** 2 hour period at least once a week.

M.D.

A stylized, handwritten signature in black ink, appearing to read "Lawrence J. Frankel". The signature is fluid and cursive, with a long, sweeping underline.

*Keep this prescription within reach of all children and adults.



"The journey of a 1,000 miles begins with little steps."

Mao Tse-Tung

Daily Activity is Important

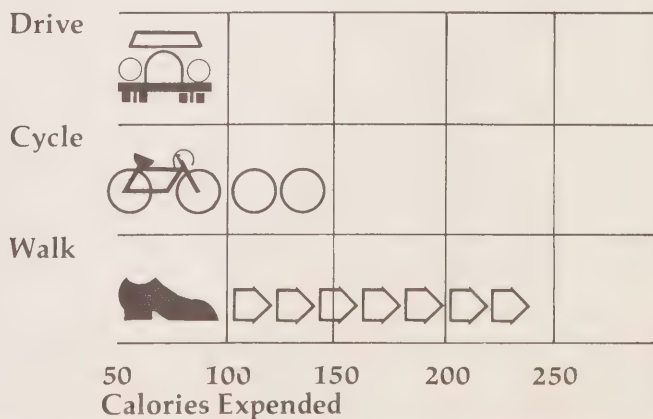
Daily physical activity, even in brief modest amounts, is essential for the maintenance of mobility and control of proper body weight. In our technological society we have to avoid labour-saving devices and search out daily opportunities for movement whenever possible. Some suggested ways of doing this include spreading grocery shopping over several days, walking to the store and carrying small parcels home, using the stairs, doing your own home maintenance and housework. Aim for at least one hour a day (spread throughout the day) in this type of incidental activity.

Like diet, activity has its cumulative effect each day. Minutes of extra activity soon add up to hours and the energy (calories) spent add up to pounds lost. Small differences in the amount of energy used in everyday tasks can amount to a significant change in body weight over time.

Minutes of Everyday Activity Count

Activity	Calories per minute
Resting in bed	1.2
Standing	1.6
Washing clothes	2.9
Walking, in the house	3.4
Ironing clothes	4.2
Pushing wheelbarrow	5.2
Making beds	5.3
Walking upstairs	7.6

To Travel 4 km (2.5 miles)





"A person who breathes correctly relaxes more quickly, is more self-controlled and enjoys an improved physical condition."

Vicki Leclair*



Loosen-up and Deep Breathe

To prevent premature degeneration of muscles and joints, use them every day. The best place to start is in bed upon waking. Breathe deeply while you slowly stretch and move every joint in the body. Greet the morning in an active way!

Long periods of sitting often result in excess muscle tension, headache or fatigue. When watching television, working at a desk or riding in a car, take regular "exercise breaks" to relieve this tension. Stretch and loosen up, s-l-o-w-l-y turn your head, shrug your shoulders and pull them back. Stand up and walk around to get the blood moving again.

To maintain proper circulation and ease of movement, periods of inactivity should not exceed one hour.

Active individuals sleep better and relax more readily. In addition, there are several exercise techniques which help reduce tension. Try this simple exercise to help you feel more calm.

Contract one muscle group (e.g. the hands), then consciously relax them. Continue systematically to contract and then release the muscles in various parts of the body (e.g. arms, shoulder, neck etc.).

Correct breathing techniques will increase the amount of oxygen in the blood, keep the chest muscles supple and promote relaxation. Try to breathe in through the nose — deep breaths that begin in the abdominal area. Exhale through the mouth in a slow controlled manner. Whistling, singing, walking out-of-doors, swimming and climbing stairs are other activities that stimulate respiration.

Never hold your breath when exercising, as this raises the blood pressure and increases the load on the heart. Try to breathe out or "exhale on effort" when performing the more difficult part of the exercise.

*Vicki Leclair — Director, Senior Citizens' Program, Quebec Division, the Canadian Red Cross



*"Youth, large, lusty, loving —
Youth, full of grace, force, fascination,
Do you know that Old Age may come after you,
With equal grace, force, fascination?"*

Walt Whitman

Stretch, Bend, Twist, Swing

Flexibility, a very important component of fitness for seniors, can be maintained with daily stretching and habitually moving the joints through the full range of motion. Staying supple helps prevent injury and many of the aches and pains associated with aging. It is essential for everyday tasks such as reaching for a top shelf, and helps maintain both attractive posture and efficient movement.

Gains in flexibility are quickly evident with regular bending, stretching, twisting and moving. Stretches or twists should be performed S-L-O-W-L-Y and rhythmically, with a smooth, firm motion. Stretch as far as is comfortable, then hold that stretch without bouncing for 5 to 15 seconds. This method eliminates pain and prevents injury. Tai-Chi (a Chinese set of slow movements), Dance and Yoga are other popular activities which develop and maintain flexibility.

Yoga is an ancient philosophy emphasizing the importance of body control in physical, mental and spiritual development. Performed correctly, most yoga exercises will increase suppleness and promote relaxation. In addition, the philosophy of yoga normally encourages an active lifestyle. There is, however, no evidence that yoga makes any significant contribution to the development of heart-lung fitness, and the practice of some of the extreme, more difficult postures or feats of breath-holding may result in harm to the untrained individual. Be sure of the competence of your instructor before enrolling in a course.



"A long life is needed to be young."

Picasso, age 91

Push, Pull, Lift, Carry

Few older Canadians are interested in bulging muscles or becoming a highly skilled athlete. Nevertheless, a certain degree of **muscular endurance** and **strength** is essential for mobility and enjoyable participation in physical recreation. Weak and flabby muscles lead to an unattractive body shape and poor posture. In addition, the majority of back problems are directly related to a lack of muscular endurance, particularly in the abdominal area.

Firm muscle tone does not require that you lift heavy weights. Indeed, since this type of exercise demands a great oxygen supply and causes a rapid increase in blood pressure, it is not generally recommended for the average senior.

Using your muscles daily will help maintain strength — lifting small objects, pushing a vacuum, baby-carriage or wheel-chair, carrying your own groceries. Additional calisthenics such as sit-ups, which use your own body weight as a load will further shape your muscles and help sustain a youthful physical appearance.

Activities such as walking, cycling, or climbing stairs develop strength in the legs.

Exercise in the water is an ideal way to develop muscle-tone. Aqua-fitness classes have become increasingly popular in the last ten years. It is especially appropriate for those with muscle or joint problems or for an individual who is overweight. Water buoyancy enables the performance of corrective exercises without strain.

Sports such as tennis, golf, horseshoes or bowling help maintain upper body tone, while activities such as swimming or cross-country skiing benefit all the major muscle groups in the body.



"A man is as old as his arteries"

Thomas Sydenham

Walk, Swim, Cycle, Ski

Aerobic activities such as brisk walking, jogging and swimming are those that literally demand oxygen for performance; they are rhythmical and continuous and involve large muscle groups. The body adapts positively to this type of exercise. As an individual becomes better conditioned, the heart beats more slowly at rest and during work, while supplying more oxygen to the working muscles and the rest of the body. By expending some 2,000 extra heart beats during an exercise session, one can save 10,000 to 30,000 beats over the remainder of the day!

Although we have no conclusive proof to date that exercise will prevent heart disease, it is clear that regular aerobic training can improve the efficiency of the cardio-respiratory (heart-lung) system by 20% or more, increasing youthful vigour and preventing the decline in stamina usually associated with aging. There is also mounting evidence of the important role exercise plays in the control of

certain conditions which increase the risk of heart disease. Regular, moderate aerobic exercise has a positive effect on blood pressure and blood fats, helps prevent weight gain and relieves stress. Most individuals beginning a fitness program become more conscious of other health habits. Studies show that they often improve eating habits, decrease use of alcohol and tobacco, and engage in more physical recreation.

Moderate exercise is now a part of many rehabilitation programs for heart-attack patients. It should be stressed, however, that if there are any indications that you have heart problems, your fitness program should be approved and supervised by a physician.

How often (frequency), how hard (intensity), and how long (time) you exercise are the key variables in aerobic exercise.



Frequency

Fitness cannot be stored. Best results are gained with 3 to 5 aerobic sessions a week. Increased stamina, resulting from these sessions, is permanent only as long as you continue to stay active.

Intensity

Aerobic exercise should be vigorous enough to make you breathe deeper and more quickly. You will experience a rise in body temperature and your heart will beat more rapidly than it does during routine activities. Exercise which is milder than this is better than nothing but not sufficient to truly benefit your heart. The guiding rule is **"train, don't strain"** and progress gradually at a rate which suits you personally. Paying attention to your body signals will guide you in establishing your own limit. Slow down and rest if you become winded during exercise or if you are fatigued on the day after your workout. Exercise intensity can be further measured by monitoring your heart rate, a technique explained in detail in **"Take It Easy — But Take It!"** (p. 42).

Time


Fifteen to twenty minutes of aerobic exercise enables an individual to obtain and keep a good level-of fitness if the intensity is sufficient. For older people, a longer training period (30 to 60 minutes) with a lighter intensity is recommended, particularly in the earlier stages. Begin with 5 minutes or less at a comfortable pace, and gradually increase duration or distance when you feel ready for more.

Choose aerobic activities that you enjoy: if you dislike the water, you'll never keep up a swimming program, so opt for something else like cycling or walking. Consider such factors as cost, equipment, facilities, weather, companions, risk of injury and fitness benefits.

Walking

Walking is the single most readily available activity for the older Canadian. It is a natural movement involving some 150 pairs of muscles in the body and one that can be safely continued all the years of your life. Vigorous walking, hillclimbing or hiking can do as much for your fitness as jogging, with less strain on the joints or muscles. For many people, long daily walks provide mental relaxation and an essential contact with nature, as well as physical training.

Swimming and walking in the water develop all-round fitness and are particularly helpful if leg problems such as varicose veins or sore knees occur. Other continuous aerobic activities include cross-country skiing, skating, snowshoeing, cycling and continuous movement in a manually operated wheel-chair. Older individuals can cycle on a threewheeler, or pedal a stationary bicycle while watching a favorite television program. Be wary of motorized exercise bikes that do the work for you. Remember, the training effect on the heart depends on the appropriate duration and intensity of **your** effort.



A Few Words of Advice

About Aerobics

- Take the “Talk Test”. Can you carry on a conversation while exercising? If you cannot — slow down.
- See your doctor if any of the following warning signals occur during or after exercise: dizziness, nausea, tightness in the chest, persistent shortness of breath or muscle soreness.

About Sport*

- Get in shape to play sports — improve your fitness level first, then accept the challenge of the game.
- Choose sports for skill and co-ordination, rather than those that stress speed, strength or endurance.
- Avoid body-contact sports or games that require sudden stops and starts.
- Choose opponents of approximately your level of fitness. Do not over-strain.

- Remember to warm-up before the game and cool-down afterwards.

About Exercise

AVOID:

- Any exercise that hurts. Movements should be gentle and comfortable.
- Deep knee bends. Flat-footed **half-knee** bends are acceptable.
- Rapid or vigorous turning of the head or neck.
- Exercises that may be harmful to the back. These include straight leg toe touches, raising and lowering **both** legs while lying on your back, and other exercises which over-arch the back.
- Isometrics — exercises with no relaxation phase, such as pressing the palms of both hands together as hard as possible for a period of time.

* For information about opportunities for participation in a specific sport, contact the National Sport and Recreation Centre (p. 40).



"We are happy when however briefly, we become one with ourselves, others and the world of nature."

David Cole Gordon

Enjoy Life

Loneliness, depression and anxiety are common at all ages. The post-retirement years may bring additional stress such as leaving the labour force, illness or the loss of friends and family. Participation in active leisure pursuits provides renewed opportunities for fun and social involvement. In addition, studies have shown moderately vigorous activity to be more effective than the use of tranquilizers in the release of tension, anger, or frustration.

Dr. Hans Selye, an internationally famous Canadian expert on stress, has shown that not all stress is destructive; indeed, a certain amount of change and challenge is needed to remain alert and happy.

"Successful activity", says Dr. Selye, "provides you with an exhilarating feeling of youthful strength, even at an advancing age".

Hobbies and handicrafts such as painting, pottery, carpentry or macramé provide an outlet for creative expression while helping to maintain fine motor skills and muscle functioning in the hands and fingers.

At age 72, Dr. Selye successfully meets the challenge of stress with a continuing involvement in writing, research and speaking engagements. To prevent physical degeneration, he sets aside an hour a day to keep his muscles trim by swimming or riding a bicycle around the McGill University Campus.

Enjoy Life

With Nature: sailing, bird watching, snowshoeing;

With Others: bowling, shuffleboard, picnics;

With Your Partner: dancing, skating, moonlit walks;

With Yourself: gardening, fishing, handicrafts and hobbies.



"Youth is a gift of nature. Age is a work of art".

Anonymous

The Future is Now

When Dr. Paul Dudley White, quoted in the prologue, chose to reverse the advice of those who say it is time to slow down and "take it easy", he was attempting in a dramatic way to emphasize that physical activity becomes more and more important as one grows older. Following his address, one of the audience offered to drive him to the airport, six miles away. Dr. White refused. He picked up his brief case, saying he always walked from downtown New York to the airport. Dr. White was in his 80's at the time.

Chronological aging is a continual process occurring in all of us, but growing old is not the same as being old. Our later years can bring us increased attractiveness, vigour and joy of living — more valuable perhaps, because it is something we have worked to attain.

Feel younger as you grow older!

The time to begin is now.





Physical Activity Readiness Questionnaire

Par-Q*

Common sense is your best guide in answering these few questions. Please read them carefully and check (✓) YES or NO opposite the question if it applies to you.

YES NO

- | | | | |
|--------------------------|--------------------------|---|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1 | Has your doctor ever said you have heart trouble? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2 | Do you frequently have pain in your heart and chest? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3 | Do you often feel faint or have spells of severe dizziness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4 | Has a doctor ever said your blood pressure was too high? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5 | Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6 | Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7 | Are you over age 65 and not accustomed to vigorous exercise? |

*Reference: PAR-Q Validation Report, British Columbia Ministry of Health, May 1978.

If You Answered Yes to One or More Questions

If you have not recently done so, consult with your personal physician by telephone or in person **BEFORE** increasing your physical activity and/or taking a fitness test. Tell him what questions you answered YES on PAR-Q, or show him your copy.

After medical evaluation, seek advice from your physician as to your suitability for:

- unrestricted physical activity, probably on a gradually increasing basis.
 - restricted or supervised activity to meet your specific needs, at least on an initial basis.
- Check in your community for special programs or services.

If You Answered No to all Questions

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:

- **A Graduated Exercise Program** — A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- **An Exercise Test** — Simple test of fitness (such as the Canadian Home Fitness Test) or more complex types may be undertaken if you so desire.



Additional Resources for The Older Canadian

1 From the Government of Canada

- a) **"Take It Easy — But Take It"** — an illustrated individual exercise program, designed for the Older Canadian.

Health and Fitness — a 60 page comprehensive booklet on fitness.

- c) General information, pamphlets, and posters on fitness.

Write to:

Fitness Canada, Journal Building,
365 Laurier Avenue West, 11th floor
Ottawa, Ontario. K1A 0M5

- d) **Fit Kit** containing the Canadian Home Fitness Test, a Fitness Progress Chart, and Fit-Tip Exercises. (Cost \$7.95)

Write to:

Fit-Kit, P.O. Box 5100,
Thornhill, Ontario. L3T 4S5

- e) Canada Food Guide, information, pamphlets or posters on Nutrition, Alcohol, Drugs or Tobacco.

Write to:

Health Promotion Directorate
Health Services and Promotion Branch
Department of National Health and Welfare
Ottawa, Ontario. K1A 1B4

- f) Funding is available for community-based projects in Fitness and Recreation for retired adults.

Write to:

National Office, New Horizon Programs,
Health and Welfare Canada,
Ottawa, Ontario. K1A 1B5

- g) Material on National Recreation and Sport Associations.

Write to:

National Sports and Recreation Centre, Inc.,
333 River Road,
Vanier, Ontario. K1L 1B7

2 From the Provinces

For resources and information write to:

British Columbia

Sports and Fitness Division
Ministry of Recreation and Conservation
Parliament Building
Victoria, B.C.
V8V 1X4
Tel: (604) 387-6080

Alberta

Recreation Services to Special Groups
Department of Recreation and Parks
10363 — 108 Street
Edmonton, Alberta
T5J 1L8
Tel: (403) 427-5721

Saskatchewan

Department of Culture and Youth
11th Floor, Avord Tower
2002 Victoria Street
Regina, Saskatchewan
Tel: (306) 565-5730

Manitoba

Department of Fitness, Recreation and Sport
200 Vaughan Street, 2nd Floor
Winnipeg, Manitoba
R3B 1T5
Tel: (204) 944-3535

**Ontario**

Sport and Fitness Division
Ministry of Culture and Recreation
77 Bloor Street West
5th Floor
Toronto, Ontario
M7A 2R9
Tel: (416) 965-7505

Quebec

Haut-Commissariat à la Jeunesse, aux Loisirs
et aux Sports
1035 de la Chevrotière
7e étage
Québec (Québec)
G1R 5A5
Tel: (418) 643-5700

New Brunswick

Department of Youth, Recreation and
Cultural Resources
Centennial Building
P.O. Box 6000
Fredericton, N.B.
E3B 5H1
Tel: (506) 453-2491, 453-2578

Nova Scotia

Department of Recreation
Bank of Montreal Tower
P.O. Box 864
Halifax, Nova Scotia
B3J 2V2
Tel: (02) 424-7554

Prince Edward Island

Division of Youth, Fitness and Recreation
Department of Education
P.O. Box 2000
Charlottetown, P.E.I.
C1A 7N8
Tel: (902) 892-3504

Newfoundland

Recreation and Sports Services
Workers Compensation Building
146-148 Forest Road
St-John's, Newfoundland
A1A 1E6
Tel: (709) 737-2779

Northwest Territories

Recreation Division
Department of Natural and Cultural Affairs
Government of the N.W.T.
Yellowknife, N.W.T.
X0E 1H0
Tel: (403) 873-7245

Yukon Territory

Recreation Branch
Department of Education
P.O. Box 2703
Whitehorse, Yukon Territory
Y1A 2C6
Tel: (403) 667-5254



Want to Read More?

On Fitness

Aquabics by R. Lough and D. Stinson. Fitzhenry and Whiteside, 1973.

Be Alive As Long as You Live, Mobility Exercises for the Older Person by L.J. Frankel and B.B. Richard. Preventicare Publications, 1977.

Fitness For You — The Senior Adult by J. Stuart Sweet. Available from Ontario Government Bookstore, 880 Bay Street, Toronto, Ontario. M5S 1Z8. Cost .50¢.

Walk! A Handbook by J. Man. Paddington Press, 1979.

Vigor Regained by H. de Vries. Prentice-Hall Inc., 1974.

On Nutrition and Health

Nutriscore by R. Fremes and Z. Sabry. Methuen, 1976.

The Complete Family Book of Nutrition and Meal Planning by W.H. Le Riche. Hume Publishing, 1976.

Food and Fitness. Available from Ontario Blue Cross, 150 Ferrand Drive, Don Mills, Ontario. M3C 1H6. No charge for single copies.

Stress. Available from Ontario Blue Cross, 150 Ferrand Drive, Don Mills, Ontario. M3C 1H6. No charge for single copies.





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